on wrist and hand. In addition, if rapid disengagement is required for safety or other reasons, the handle support will simply fall off the arm once the grip is released.

In this manner a handle support is constructed for efficiently and comfortably distributing forces from the wrist and hand of a user of a hand held tool or appliance to the forearm. This is accomplished by a structure which is designed to fit the size of the majority of users and provides easy installation on the arm.

It should be clear that this invention can be adapted to improve the performance and ease of use of a wide variety of tools, appliances and implements.